

Sample Family Child Care Schedule

7:00-8:00	Welcome, free activities
8:00-9:00	Hand washing, breakfast, books, journaling, table activities
9:00-9:45	Free choice time, centers
9:45-10:15	Clean up, morning circle time, reading
10:15-10:30	Hand washing, snack time
10:30-11:15	Outdoor time
11:15-11:30	Hand washing, set table, lunch prep
11:30-12:00	Lunch
12:00-12:15	Clean up, toothbrushing, set up for nap and quiet time
12:15-12:30	Story time, relaxation activities
12:30-2:30	Nap and rest time; quiet activities for non-resters
2:30-3:00	Afternoon circle time, reading, fingerplays, singing
3:00-3:15	Hand washing, set up for snack, snack time, clean up
3:15-4:00	Afternoon outdoor time
4:00-4:45	Second choice time with different centers
4:45-5:15	Clean up, music, movement and songs
5:15-6:00	Stories, closure, departures